



Welcome to our Good for Kids team newsletter, where we share all the latest on embedding healthy eating and physical activity at your service.

February 2025

[www.lunchboxweek.org](http://www.lunchboxweek.org)

[#NationalLunchboxWeek](https://twitter.com/NationalLunchboxWeek)



Nutrition Australia

National Lunchbox Week celebrates the uniqueness of every lunchbox. A lunchbox can reflect love, care, and nourishment from simple sandwiches to creative meals.

The Good for Kids team is proud to promote National Lunch Box Week with the aim to make lunchboxes enjoyable, nourishing and pressure-free whilst supporting the growth and learning of the child. Mealtimes can help children build lifelong positive relationships with food, turning every lunch break into an opportunity for enjoyment and connection.

Every lunchbox tells a story shaped by family traditions, available resources, and unique preferences, reminding us there's no one-size-fits-all approach. As early childhood educators it is important to embrace the diversity of lunchboxes and promote supportive, judgment-free conversations around food. By understanding the challenges families face and offering practical, non-judgemental support, you can work with families to make healthy nourishing lunchboxes the norm. Whether it's through sharing recipes, providing tailored resources, or simply creating an inclusive environment, small actions can lead to big changes.

Check out the [National Lunchbox Week](http://www.lunchboxweek.org) website for helpful resources.

**Link to NQS:**

*Element 2.1.3 Healthy lifestyle*

*Element 6.1.3 Families are supported*

# Anniversary of National Apology Day



February 13th marks the anniversary of the National Apology to the Stolen Generations, who suffered trauma because of past government policies of forced child removal. Many of these removals occurred as the result of laws and policies aimed at assimilating the Aboriginal and Torres Strait Islander population into the predominately white community.

The Good for Kids 'Anniversary of National Apology Day' handout features physical activity and healthy eating activity ideas to acknowledge this important date. Acknowledging culturally significant events at your service helps to identify and commemorate historical injustices that occurred and still have a long-lasting impact on all Australians.

**Healthy Eating activity idea:** Combine craft and culture to make an Aboriginal food diorama representing the local environment, including animals, plants, and water. Yarn with children about land conservation and caring for country practices. Invite an Elder or community member in to speak about local caring for country practices, including food collection activities.

For more information visit: [National Apology Day](#)

## Background:

The Anniversary of the National Apology acknowledges that on 13 February 2008, Prime Minister Kevin Rudd made a formal apology to Aboriginal and Torres Strait Islander peoples, particularly to the Stolen Generations. Members of the Stolen Generations, along with their families and communities were impacted by government policies of forced child removal and forced assimilation.

For more information visit: [National Apology Day](#).

## Physical Activity: Aboriginal music

Select Aboriginal musicians and music to share in class. Music can be contemporary or traditional. Encourage children to dance and move to the music. Facilitate discussions about music and dance, like how does it make me feel or when do I like to listen to music?

## Healthy Eating: Aboriginal food diorama

Combine craft and culture with this activity where children make a diorama to represent the local environment, including animals, plants, and water. Yarn with children about land conservation and caring for country practices. Invite an Elder or community member in to speak about local caring for country practices, including food collection activities.

Refer to the [accompaning guide](#) for guidance on how to implement these activities in your service.



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## Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement

# Freedom Ride

In 1965, a group of students from the University of Sydney drew national and international attention to the appalling living conditions of Aboriginal people and the racism that was rife in New South Wales country towns. Known as the Freedom Ride, this 15-day bus journey led by Aboriginal activist Charles Perkins through regional New South Wales would become a defining moment in Australia's history.

It is celebrated every February for fostering Aboriginal activism and raising attention on issues Aboriginal people continue to face today.

The Good for Kids 'Freedom Ride' handout features physical activity and healthy eating activity ideas to acknowledge this important date.

**Physical Activity idea:** Share stories about the Freedom Ride and then re-enact the journey in an outdoor play setting. Get children to work together to build one or several buses out of cardboard boxes. Create a mud map of the bus ride. For example, the front gate might be Walgett, or the big tree might be Moree, then drive around to the different towns.

For more information visit: [1965 Freedom Ride](#)

## Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement



## Background:

The Freedom Ride occurred on 12 February 1965. It involved a group of students from the University of Sydney, who started a bus tour of Western and Coastal NSW. The Freedom Ride was inspired by equal rights activism and led by Aboriginal activist Charles Perkins. The Freedom Ride has a prominent place in the history of Australia and is celebrated every February for fostering Aboriginal activism and raising attention on issues Aboriginal people continue to face today.

For more information visit: [Freedom Ride](#)

## Physical Activity: Re-enact the Freedom Ride

Share stories about the Freedom Ride and then re-enact the journey in an outdoor play setting. Get children to work together to build one or several buses out of cardboard boxes. Create a mud map of the bus ride. For example, the front gate might be Walgett, or the big tree might be Moree, then drive around to the different towns.

## Healthy Eating: Draw pictures of local Aboriginal foods

Engage children in a cooking experience from the "Quick meals for Kooris" cookbook. The children can set the meal tables up to resemble a cafe, similarly to the ones from the Freedom Ride. Use this time to discuss what foods you are eating and what it means to be sitting together with friends.

Refer to the [accompaning guide](#) for guidance on how to implement these activities in your service.



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# FMS of the Month: Underarm and Overarm Throw



We are kicking off the new year with our 2025 Fundamental Movement Skills planner to help you teach these skills across the year!

Fundamental movement skills are the building blocks of movement. Children do not naturally learn these skills as part of their normal growth and development making it important that FMS are intentionally taught. Educators should provide frequent opportunities for children to explore, practice and develop these skills, whilst keeping it fun.

The more children develop greater skill and confidence in these activities, they will feel more comfortable participating in games and sports, which in turn boosts their social skills. This increased confidence also makes them more likely to stay physically active throughout their lives.



Our February fundamental movement skills are **OVERARM & UNDERARM THROW!** Check out the Munch & Move Fun Moves videos for tips on how to teach the skill and common errors to watch out for: [Fun Moves Videos - Munch & Move](#)

Why not practise underarm and overarm throw with these fun games:

- [Target Throwing](#)
- [Bombardment](#)

**Link to NQS:**  
Element 2.1.3 Healthy lifestyle

# Support for Families: Translated Fact Sheets

International Mother Language Day is held annually on 21st February with the aim to promote awareness of linguistic and cultural diversity and encourage multilingualism and learning a new language.

Did you know the Munch & Move program has healthy eating and physical activity fact sheets in multiple languages?

Check out the [fact sheets](#) in a range of languages and share with families at your service if appropriate.

**Link to NQS:**  
Element 6.1.3 Families are supported



## Small Bites, Big Goals in 2025

Small Bites for Big Steps is an award-winning professional development course (NESA accredited) designed to support and upskill early childhood educators in children's health and wellbeing. The Nursery, Toddler and Preschool courses cover important health and wellbeing topics - it's never been easier to complete engaging professional development.

Small Bites for Big Steps courses are **FREE** and perfect for new educators, students or seasoned educators keen to refresh their knowledge on healthy eating and physical activity. The videos are available in a variety of modes to suit, including NESA accredited PD, educator PD courses and short standalone videos. Click the buttons below to explore each option.

### Link to NQS:

Element 7.2.3 Development of professionals



#### Small Bites for Big Steps - NESA: Preschool

Course

This professional learning package is for educators working with children aged 3-5years.

Free



#### Small Bites for Big Steps - Toddler

Course

This professional learning package is for educators working with toddlers aged 18months-3years.

Free

## Small Bites for Big Steps: Nursery

Small Bites for Big Steps video series. Empowering Early Childhood Educators with small bites of practical information on topics such as:

- Small Bites for Big Steps
- Creating a Breathtaking Foodie Service
- Appropriate Drinks | Small...
- Food Free Mealtimes | Sm...
- 24 Hour Movement Guideli...
- How to Promote Physical...

NESA Accredited Courses (ECT)

Educator PD courses

Bite sized videos

## Veggie month 2025 - Register now!

Join hundreds of ECEC services across NSW to celebrate Veggie Month in March!

Veggie Month encourages services to integrate vegetables into their daily program. This includes healthy eating learning experiences like experiments, songs, stories, art, discussions or gardening.

The 2025 theme is 'Be a Veg Explorer' and runs from Monday 10th March to Friday 4th April. Receive a **FREE** electronic resource pack including an educator manual and recipe book when you register.

### Link to NQS:

Element 2.1.3 Healthy lifestyle

Register Here!

### Veggie Month 2025

Registrations are now open!

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Veggie Month runs from: Monday 10th March to Friday 4th April

Register by [clicking here](#) or scan the QR code below



## Where to get more information?

Munch & Move Hunter New England LHD: [Early Childhood Services - Good for Kids](#)

Good for Kids Resources: [Resources | Good for Kids, Good for Life](#)

Embedding Aboriginal Perspectives in Munch & Move: [Embedding Aboriginal Perspectives: A Guide for Early Childcare Services](#)

Australian Breastfeeding Association: [Australian Breastfeeding Association](#)

Mini Moves Fundamental Movement Skills resources: [Mini Moves - Munch & Move](#)

Munch & Move e-learning: [Click here to register](#)

Small Bites for Big Steps: [Small Bites for Big Steps - Munch & Move](#)

Munch & Move Newsletters: [Munch & Move Newsletters | Good for Kids, Good for Life](#)

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Follow us on Facebook: [Munch & Move with Good for Kids](#)

Contact us: [HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)

Join our network groups:

[Munch & Move for Babies and Toddlers Network Group](#)

[Good for Kids Cook's Corner Network Group](#)

[ECEC Aboriginal Educators Network Group](#)

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The Good for Kids team acknowledges the traditional custodians of the lands on which we live, work and practice and pay our respects to Elders past and present.

